

Top 5 **yoga** tips that will **enhance** your **work day**

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Not a yogi??

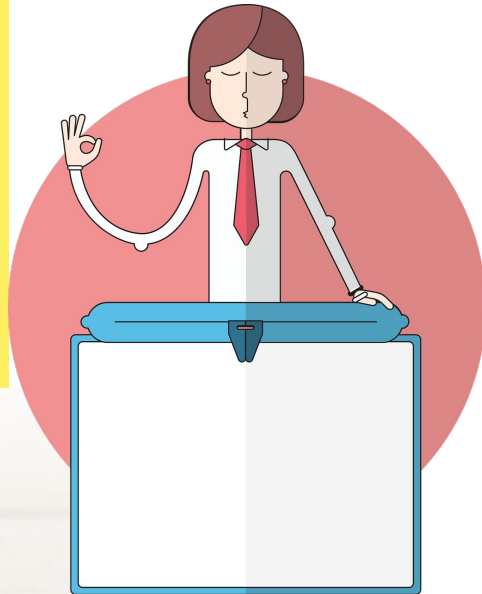
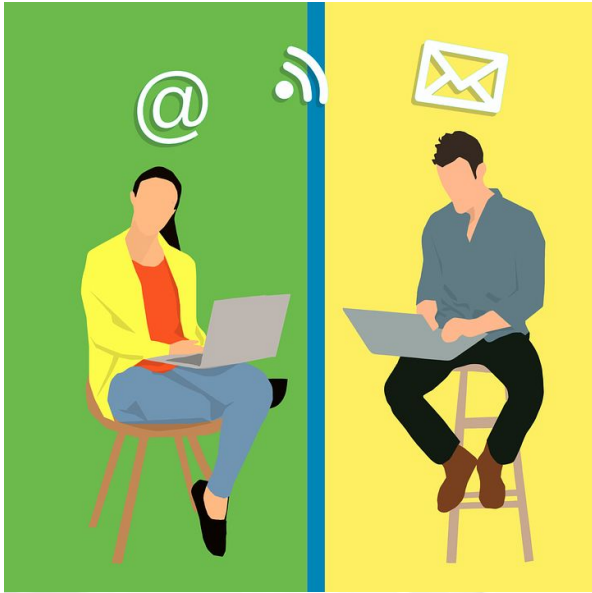
These tips apply to one's yoga practice, and to **all areas** of life. After all, life is all about practicing, right?

We practice our skills at work, improving continually.

We practice being our best - sometimes we nail it! Other times, epic fail!

The brilliance of these tips from ancient wisdom shines a helpful (and practical) light on our modern day challenges.





Yoga is rich with philosophy that informs what we do when we get on the mat - it is not just about being flexy-bendy and being able to get in to impossible poses.

We glean some wisdom from some of the other arms of yoga and apply them off the mat as well.

Whether you practice yoga or not - these tips are great to embody at work.... and in all other areas of your life.

Just by you reading these and thinking about them - you ARE enhancing your work day. Rather simple, eh?

go YOU!

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intention - *Sankalpa*

Try starting your work day (or even just a task you do at work) with setting an intention. Reflect on why you are doing this particular activity.

Applying intention, or setting a *Sankalpa*, focuses your mind, body and your awareness. This one tip alone can give you a whole new perspective not on what you do, but *why* you are doing it.

Incorporate something you are trying to improve (focus more, be more direct, manage your time better) with a clear **intention** to inform your behaviour - you will be living more consciously and practising something truly valuable to you.





contentment - *Santosha*

Choose to be content. Now.

In this moment.

yes, **right now**.

exercise the choice you have and apply it something that really matters, not just what you'll have for lunch.

If you have **ever experienced contentment** you can then remember *r i g h t n o w* what that feels like.

You can do this in 60 seconds or less.

When you let yourself feel contentment, you enjoy what is in your current reality right now.





truth - *Satya*

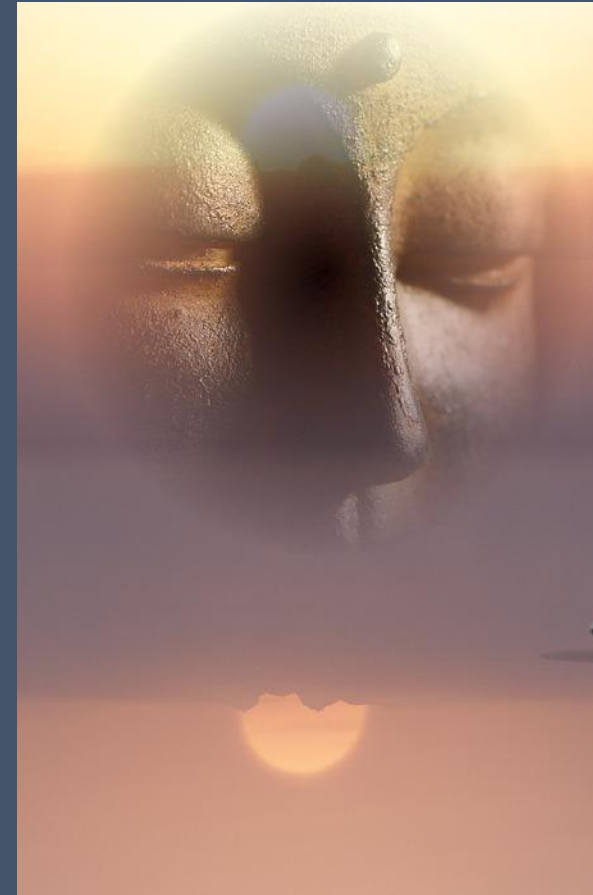
This tip has nothing to do with Jim Carrey - it has everything to do with you. Your **authentic you**.

Who is that?

What are the things that truly matter to you, and how do you define yourself by these?

When you get in touch with this version of you (not the version you think you should be, or what others want you to be) and bring it to full expression, your life is more fulfilled. Your work is more rewarding. Your world is a better place. **This** is what matters.

What would it be like to be more **you**, today?





non-violence - *Ahimsa*

This is one of the ethical and moral principles that guide yogic practice. And here, you can apply this principle by eliminating any violence to yourself - negative self talk, self-deprecation, low self-belief.

Recognise how these appear in your thoughts, your language, and even your behaviour.

Allow your mistakes, foibles, quirks and less-than-perfect behaviour to be tolerated, accept them with compassion and a sense that **you are pretty amazing just as you are.**

If we want others to behave this way towards us, we have to do this in our selves, first.





stillness - *Nirodha*

When was the last time you let yourself be still?

Can you let yourself imagine that you are part of a dynamic whole, and take a moment to sense that?

try this: Set a timer for 3 minutes. Set everything down. Keep your body still until the timer goes off.

Notice.

Pay attention to your attention.

This tip alone can bring a whole new perspective to your day.





Sankalpa - intention



Santosha - contentment



Satya - truth



Ahimsa - non-violence



Nirodha - stillness

